



Warm Beetroot Salad

Serves **4**

Prep time **20 MINS**

Cook time **40 MINS**





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INGREDIENTS

- » 850g can Golden Circle Whole Baby Beetroot, drained
- » 500g sweet potato, peeled and cubed
- » Olive oil spray
- » 1/3 cup walnuts
- » 1 tbsp red wine vinegar
- » 2 tbsp extra virgin olive oil
- » 125g baby English spinach leaves
- » 150g reduced-fat soft feta, crumbled

METHOD

Preheat the oven to 200°C. Line a baking tray with non-stick baking paper and arrange the sweet potato in a single layer. Spray with oil and roast for 40 minutes, until tender and lightly browned. Remove from the oven and cool slightly.

Meanwhile, cut baby beetroot into quarters or halves. Wrap tightly in a large sheet of foil, place onto an oven tray and warm in the oven for 10 minutes.

Spread walnuts onto a tray and roast for 5 minutes, until lightly toasted. Cool and chop.

Combine vinegar and oil in a screw top jar and shake well. Arrange spinach leaves onto serving plates, top with sweet potato, beetroot and feta. Drizzle over dressing and sprinkle with walnuts. Serve immediately.

For more recipe ideas contact Golden Circle 260 Earnshaw Road Northgate Qld 4013 www.goldencircle.com.au

good to know

→ Walnuts are a great addition to salads as they provide texture, flavour and good nutrition, especially heart friendly fats, vitamins and dietary fibre.

NUTRITION INFORMATION

	AVERAGE QUANTITY PER SERVE
ENERGY	1690kJ/404Cal
TOTAL FAT	21.4g
DIETARY FIBRE	6.9g
SODIUM	860mg

